US HARBORS www.USHarbors.com

Poughkeepsie, NY - Sep 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:06	3.3	3:40	3.5	9:56	0.3	10:24	0.5	6:22	7:28	
2	Thu	3:45	3.2	4:22	3.5	10:26	0.4	11:07	0.6	6:23	7:27	
3	Fri	4:35	3.0	5:13	3.5	11:02	0.5			6:24	7:25	
4	Sat	5:34	3.0	6:11	3.5	12:02	0.7	11:52 AM	0.6	6:25	7:23	
5	Sun	6:38	2.9	7:13	3.6	1:16	0.7	1:08	0.7	6:26	7:21	
6	Mon	7:44	3.0	8:19	3.6	2:30	0.6	2:33	0.6	6:27	7:20	
7	Tue	8:57	3.1	9:30	3.7	3:35	0.4	3:44	0.4	6:28	7:18	
8	Wed	10:09	3.3	10:37	3.9	4:32	0.2	4:46	0.2	6:29	7:16	
9	Thu	11:11	3.6	11:34	4.1	5:25	0.0	5:43	0.0	6:30	7:15	
10	Fri			12:04	3.9	6:16	-0.3	6:38	-0.2	6:31	7:13	
11	Sat	12:26	4.1	12:54	4.1	7:06	-0.4	7:31	-0.3	6:32	7:11	
12	Sun	1:15	4.1	1:42	4.1	7:54	-0.5	8:23	-0.3	6:33	7:09	
13	Mon	2:03	4.0	2:30	4.1	8:41	-0.4	9:12	-0.2	6:34	7:08	
14	Tue	2:53	3.9	3:19	4.0	9:26	-0.3	10:00	0.0	6:35	7:06	
15	Wed	3:46	3.6	4:11	3.8	10:09	0.0	10:49	0.2	6:36	7:04	
16	Thu	4:41	3.4	5:04	3.6	10:54	0.3	11:41	0.4	6:37	7:03	
17	Fri	5:37	3.2	5:58	3.5	11:42	0.6			6:38	7:01	
18	Sat	6:32	3.0	6:50	3.3	12:40	0.7	12:38	0.8	6:39	6:59	
19	Sun	7:25	2.9	7:43	3.2	1:43	0.8	1:41	1.0	6:40	6:57	
20	Mon	8:19	2.8	8:38	3.2	2:44	0.8	2:43	1.0	6:41	6:56	
21	Tue	9:16	2.9	9:36	3.2	3:38	0.8	3:39	0.9	6:42	6:54	
22	Wed	10:12	3.0	10:30	3.2	4:26	0.7	4:30	0.8	6:43	6:52	
23	Thu	11:02	3.2	11:16	3.3	5:09	0.5	5:16	0.7	6:44	6:50	
24	Fri	11:44	3.3	11:56	3.4	5:49	0.4	6:00	0.5	6:45	6:49	
25	Sat			12:22	3.5	6:28	0.3	6:43	0.4	6:46	6:47	
26	Sun	12:31	3.5	12:56	3.6	7:06	0.2	7:25	0.3	6:48	6:45	
27	Mon	1:04	3.5	1:27	3.7	7:44	0.2	8:07	0.2	6:49	6:43	
28	Tue	1:35	3.4	1:57	3.7	8:20	0.2	8:47	0.2	6:50	6:42	
29	Wed	2:08	3.4	2:29	3.8	8:55	0.2	9:27	0.2	6:51	6:40	
30	Thu	2:44	3.3	3:07	3.7	9:29	0.3	10:09	0.3	6:52	6:38	